

Friday Hoops

Play basketball with your friends or just come out to shoot around. Pay at the door and enjoy fast break games. A maximum of 30 players will be allowed in the gym at one time. No spectators. **NOTE:** Must have form on file. No hoops July 3rd and July 31st.

LOCATION: Krueger Park Gym North/South

FEE: \$6 (each day, pay at the door)

DATE : Jun 12-Aug 7

DAY:	TIME:	GRADE:	PROGRAM:
Fri	6-8:30p	5th-8th	121136-01 South
Fri	6-8:30p	9th-12th	131136-01 North



MMA - Mixed Martial Arts (For Teens)

Join us for the most effective styles of martial arts, infused with lessons on character development. Students 11 - 15 will train in a positive atmosphere, learn how to defend themselves and gain valuable life skills. Students will focus on boxing and kickboxing techniques (kicking, footwork, and defense), judo/wrestling technique (take-downs and defending take-downs) and "Mat Chat" (the personal development topic of the program). No Class July 2nd.

INSTRUCTOR: Victory Family MMA

LOCATION: Krueger Park Gym South

FEE: \$114 R/\$119 NR

DAY:	DATE:	TIME:	AGE:	SESSION:
Thu	May 14-Jul 2	7-8p	11-15	141111-01
Thu	Jul 16-Sep 3	7-8p	11-15	241211-01

Volleyball Tournament (Teens) 131102-01

Come and play in our one-day teen volleyball tournament. You can sign up your team (6 players) or sign up individually to be assigned a team to play on. Each player on the winning team will receive a prize. Refreshments will be given to all the players.

LOCATION: Krueger Park Gym

FEE: \$30 (per team) \$6 (per individual)

DAY:	DATE:	TIME:	AGE:
Thu	Aug 6	5:30-7:30p	13-17

Recreational Volleyball 121176-01

This instructional program for boys and girls will stress overhand serving, passing, setting, footwork and fun. Scrimmages will be held each week.

LOCATION: Krueger Park Gym

FEE: \$50 R/\$55 NR

DAY:	DATE:	TIME:	AGE:
Thu	Jun 18-Jul 30	4:30-5:45p	10-16



Teen Open Gym Volleyball 131176-01

Play pick up games, enjoy quality time with your friends or meet new people! Volleyball is a great way to stay active, be social & have fun. Participants of all skill levels are welcome to play. A net & balls will be set up & available for use. Everyone must pay at the door. A maximum of 15 players will be allowed in the gym at one time. No spectators. No volleyball on July 2. CASH ONLY!

LOCATION: Krueger Park Gym North

FEE: \$6 (each day, pay at the door)

DAY:	DATE:	TIME:	AGE:
Thu	Jun 18-Jul 30	6-8p	12-17



3 on 3 Basketball Tournament

Get ready for a night of basketball excitement for a 3 on 3 tournament! Form your team and compete to be crowned champion of the tournament. Prizes will be given out to the winning team along with refreshments at the end of the evening.

LOCATION: Krueger Park Gym

FEE: \$6 per participant

DAY: DATE: TIME: GRADE: SESSION:
 Fri Aug 14 6-8p 5th-8th 121125-01

Krueger Park Dodgeball 121186-01

Get ready to rock your sweatband and gym shoes cause we're going to play dodgeball! Join us for a one-day program where we will be playing a variety of new and creative dodgeball games. This night is full of fun and excitement which will take place indoors. Come with your game face on and get ready to dodge, dip, and dive. Enjoy some pizza and refreshments at the end of the night.

LOCATION: Krueger Park Recreation Center

FEE: \$12 R/\$14 NR

DAY: DATE: TIME: AGE:
 Wed June 24 6:30-8:00p 9-13

Flag Football (Outdoors) 121144-01

Catching and throwing are only part of Flag Football. Come and learn the basics of how to throw and catch a ball while learning the rules for playing Flag Football. Participants will form teams each week to play a game while understanding simple techniques to improve their game. Fee includes a t-shirt and equipment. No tackling allowed during this sport.

LOCATION: FEE: DAY: DATE: TIME: AGE:
 Krueger Park \$55R/\$55NR Tue Jun 30-Jul 28 4:30-5:30 8-13

MUSICAL PROGRAMS

Private Voice & Piano Lessons - 30 Minutes

Lessons are designed for beginners and intermediate level learners. Voice lessons will focus on developing voice range, pitch, tone production, breath control, stage presence and more. Piano lessons will teach the fundamentals of note reading, hand positioning, and fingering techniques. All lessons will take place at Palos Music Instruction. Upon registration, please contact the instructor to arrange the lesson time and receive further details for your lessons at 708-974-8002. **NOTE:** Books may be purchased from the instructor directly as needed. Students must have a piano or electric keyboard at home for practice purposes. This is an 8 week program (1 lesson per week)

LOCATION: Palos Music Instruction 10604 S. Roberts Rd.

FEE: \$175 R/\$180 NR (\$10 discount for each additional family (3 Max))

DAY:	DATES:	TIME:	AGE:	PIANO:	VOICE:
Mon-Sat	May 4-Jun 27	10a-8p (30 minute Slot)	5+	126194-01	106127-01
Mon-Sat	June 29-Aug 23	10a-8p (30 minute Slot)	5+	226294-01	206227-01

Private Guitar Lessons - 30 Minutes

These lessons are for beginner to advanced (acoustic or electric guitar). Instructor will structure progressive lessons based on students' individual needs and interest. **NOTE:** Each student will be placed in a 30-minute (private lesson) time slot. All students must bring a guitar to class. Call Frank at Palos Music Instruction at 708-974-8002 to set up day & time for lessons. This is a 8-week program (1 lesson per week).

LOCATION: Palos Music Instruction 10604 S. Roberts Rd.

FEE: \$175 R/\$180 NR (\$10 discount for each additional family (3 Max))

DAY:	DATES:	TIME:	AGE:	SESSION:
Mon-Sat	May 4-Jun 27	10a-8p (30 minute Slot)	5+	136195-01
Mon-Sat	June 29-Aug 23	10a-8p (30 minute Slot)	5+	236295-01

